



CAPITAL ATHLETIC CONFERENCE PRESS RELEASE

Hickey And Applebury Repeat Capital Athletic Conference Women's Basketball Post-Season Honors Hayes Is Second Gallaudet Player To Gain Rookie Of The Year Recognition

NORTH HUNTINGDON, Pa. - University of Mary Washington senior **Liz Hickey (Virginia Beach, Va./Bishop Sullivan)** became the third player in Capital Athletic Conference women's basketball history to repeat as the Player of the Year and her coach, **Deena Applebury**, earned her fourth consecutive Coach of the Year award, highlighting the 2008 All-CAC Women's Basketball team.

Hickey, one of five 2007 All-CAC players to return to the 2008 post-season squad, joins Gallaudet's Rhonda Jo Miller (1997-99) and Salisbury's Amy Champion (2002-03) as the only multiple-year CAC Women's Basketball Players of the Year award winners. Miller is the only three-time winner in conference history.

York senior **Kristin Daly (Harrisburg, Pa./Trinity)** joined Hickey as a returnee to the all-conference first team. Daly completed the sweep of her collegiate career, earning All-CAC recognition all four years, including three times as a first-team selection.

Joining Hickey and Daly as first-team selections are three first-time all-stars, including Marymount sophomore **Kathleen Brown (Bethesda, Md./Walt Whitman)**, Salisbury junior **Monica Merkel (Walkersville, Md./St. John at Prospect Hall)** and Mary Washington junior **Ashton Mitchell (Prince George, Va./Prince George)**.

On the All-CAC second team, York junior **Keli Ward (Nottingham, Pa./Oxford)** and St. Mary's junior **Allie Scott (Laurel, Md./Atholton)** gained post-season recognition for the third-straight year while Marymount senior **Stephanie Witko (South Boston, Va./Halifax)** earned her second-straight second-team all-star honor.

Another former CAC post-season honoree is St. Mary's sophomore **Steph Saint-Aubin (Bowie, Md./Elizabeth-Seton)**, who was the 2007 CAC Rookie of the Year. Each of the last three Rookies of the Year -- Daly, Ward and Saint-Aubin -- were named to the 2008 squad by the CAC coaches. The final 2008 CAC all-star is second-team Marymount sophomore guard **Terrell White (Ashburn, Va./Stone Bridge)**.

Applebury, who led the Eagles to a second-straight CAC crown (third in the last four years) and the top ranking in the NCAA Division III Atlantic Region, is the Coach of the Year for the fourth straight year. She is the only coach in CAC history to win the award three-straight years, and she tied Marymount mentor Bill Finney for the most Coach of the Year awards in conference history.

Gallaudet freshman **Nukeitra Hayes (Anderson, Ind./Indiana School for the Deaf)** joins Miller as the only GU players to be named CAC Rookie of the Year. Miller won the award in 1997, the first year the award was presented.

<u>First Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous Honors</u>
Kathleen Brown	So.	F	Marymount	Bethesda, Md./Walt Whitman	
Kristin Daly	Sr.	F	York	Harrisburg, Pa./Trinity	1st '07, 1st '06, 2nd & RoY '05
Liz Hickey	Sr.	C	Mary Washington	Va. Beach, Va./Bishop Sullivan	1st & PoY '07, 1st '06
Monica Merkel	Jr.	G	Salisbury	Walkersville, Md./St. John-Prospect Hall	
Ashton Mitchell	Jr.	F	Mary Washington	Prince George, Va./Prince George	

<u>Second Team</u>	<u>Yr.</u>	<u>Pos.</u>	<u>Team</u>	<u>Hometown/High School</u>	<u>Previous Honors</u>
Steph Saint-Aubin	So.	G	St. Mary's	Bowie, Md./Elizabeth Seton	RoY '07
Allie Scott	Jr.	F	St. Mary's	Laurel, Md./Atholton	2nd '07, 2nd '06
Keli Ward	Jr.	G	York	Nottingham, Pa./Oxford	1st '07, 2nd & RoY '06
Terrell White	So.	G	Marymount	Ashburn, Va./Stone Bridge	
Stephanie Witko	Sr.	F	Marymount	South Boston, Va./Halifax	2nd '07

2008 CAC Player of the Year: Liz Hickey, Mary Washington (also PoY in '07)

2008 CAC Rookie of the Year: Nukeitra Hayes, Gallaudet (6-0, F/C, Anderson, Ind./Indiana School f/t Deaf)

2008 CAC Coach of the Year: Deena Applebury, Mary Washington (also in '05, '06 and '07)